

## Homemade Granola

One thing that we keep on hand to top off yogurt, ice cream, and oatmeal or just for a healthy snack is homemade granola. It is simple to make and can be varied according to family requests. Don't be afraid to try different dried fruits or nuts.

5 Cups of whole grain oatmeal, rye, barley and wheat  
1 Cup raw slivered almonds  
1/3 Cup Canola Oil  
1/4 Cup Honey  
1/2 Cup Shredded Unsweetened Coconut  
1 Cup Toasted Unsalted Cashews  
1 Cup Dried Tart Cherries  
1/2 Cup Diced Dried Apricots  
1/2 Cup Cranberries

Preheat oven to 350 degrees. In a large mixing bowl, combine grains, almonds, canola oil, honey and shredded coconut. Mix well. Transfer to baking sheet and bake for 20 minutes, turning occasionally. Grains and almonds should be golden brown. Remove from oven, set aside. In a large mixing bowl combine cashews, cherries, apricots and cranberries. Add grain mixture and mix well. Enjoy with your favorite cup of coffee!

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